

ORANGE STAGE

Level 2

Typical age	8 - 10+ years	Court size	6.4m x 18.29m
Racquet size	23 – 25 inch	Ball	50% compression orange ball

Player		Competencies progress report key
Club		1 = working on it 2 = making progress 3 = consistently performs this task / activity competently
Coach		
Date		

Skill	Application to tennis	Description	Progress report
Serve		- Serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box - Differentiate speed between first and second serves – offensive serve on first serve and neutral serve on second serve - Place the serve in different locations – wide, body and T - Serve a flat serve or with spin	1 2 3
Rally	Movement	- Maintain balance while moving sideways (e.g., side step, cross-over step), forwards and backwards - Use a side step to recover - Run or sprint to ball - Move into position for an overhead - Move quickly in different directions and be able to stop with balance during competitive rally activities	1 2 3

	Ground strokes	- Return the ball from offensive and neutral serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive rally - Show increased ability to modify the speed and direction of serve return - Perform topspin on both forehand and backhand during a competitive rally - Use slice on the backhand - Hit the ball to various locations on the court - Consistently rally crosscourt - Hit the ball with different speeds - Move opponent by changing the direction and speed of the ball during competitive rally activity - Use a drop shot - Use a lob or passing shot - Defend at end range	1 2 3
	Volley	- Approach the net at the appropriate time during a rally (e.g., off a short ball) - Volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation - Able to hit an overhead from stationary position - Hit drive volley	1 2 3
	Play	- Commence rally with serve - Achieve more fundamental tactical outcomes - Be aware of opponent's position on court and begin to anticipate flight and direction of ball - Move opponent to win point - Hit to opponent's weakness - Hit wrong-footing shots	1 2 3
Score		Understand the main rules of the game (e.g., scoring, calling lies, order of receiving in doubles, hindrance)	1 2 3
Be a good Sport		- Leadership - Communication - Collaboration - Resilience - Decision-making - Confidence - Fair play - Regulation of emotions - Promoting respectful relationships	1 2 3

Love the game	• Play at least once a week with family or friends outside lesson times • Participate in club and association competitions on a regular basis • Practise independently with a defined objective • Name the ITF men's and women's national team competitions (e.g., Davis Cup and Billie Jean King Cup) • Understand how to access local club and association competitions and local tournaments • Understand personal strengths and identify areas of improvement • Reflect on own match performance regardless of match outcome	1 2 3
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